

Schedule

summer/fall 2022



connecting point
community services central

Date	Time	Class Title	Location
July 7	Thursday, 2:00 - 4:00 pm	Minimizing Stress Thru Selfcare and Mindfulness	Hybrid
July 11	Monday, 2:00 - 4:00 pm	Confident Dementia Caregiver #1	In Person
July 14	Thursday, 2:00 - 4:00 pm	Confident Dementia Caregiver #2	In Person
July 18	Monday, 2:00 - 4:00 pm	Confident Dementia Caregiver #3	In Person
July 19, 26 and August 2	Tuesday, 4:00 - 4:45 pm	Chair Yoga	Hybrid
August 10	Wednesday, 9:00 am - 4:30 pm	CPR/First Aid	In Person
August 17, 24 and 31	Wednesday, 10:00 - 11:00 am	Qigong	Hybrid
August 18 – September 1	Thursday, 2:00 - 3:30 pm	Staying Healthy	In Person
September 8	Thursday, 2:00 - 4:00 pm	Humor and Stress Management	Hybrid
September 13	Tuesday, 3:30 - 5:00 pm	Ready, Set, Safe	Hybrid
September 29	Thursday, 2:00 - 3:00 pm	Eating the Rainbow	In Person
Oct. 18, 25 and Nov. 1	Tuesday, 4:00 - 4:45 pm	Chair Yoga	Hybrid
October 19 and 20	Wed. and Thurs., 1:00 - 4:30 pm	CPR/First Aid	In Person
October 24	Monday, 2:00 - 4:00 pm	Making Healthcare Decisions	In Person
October 27	Thursday, 2:00 - 4:00 pm	Minimizing Stress Through Mindfulness and Selfcare	Hybrid
November 3, 10 and 17	Thursday, 2:00 - 3:30 pm	Staying Healthy	In Person
November 8	Tuesday, 3:30 - 5:00 pm	Self-Care for Caregivers	Hybrid
Nov. 30 – Dec. 14	Wednesday, 10:00 - 11:00 am	Qigong	Hybrid
November 30	Wednesday, 2:00 - 4:00 pm	Humor and Stress Management	Hybrid
December 1	Thursday, 2:00 - 3:00 pm	Cooking with Beans and Grains	In Person
December 7 and 8	Wed. and Thurs., 1:00 - 4:30 pm	CPR/First Aid	In Person
December 13	Tuesday, 3:30 - 5:00 pm	Relationship Building for Caregivers	Hybrid

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